

# Milestones™

News and Possibilities for Seniors

August 2016 • Free



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Photo by Scott Mabry

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## The mind and body connection counts: Exercising both gives greatest benefits



**People who have an active lifestyle develop dementia later in life than those who don't exercise**

**By Alicia M. Colombo**

Nearly half of all Americans fear Alzheimer's disease more than any other disease, including cancer, according to a poll conducted by Marist College in New York. The growing concern about preventing dementia has led to a wealth of research and information about ways to keep the brain healthy.

"People's fears have increased over time. Everybody knows somebody who has been diagnosed with dementia," said Marie Stoner, M.Ed., a licensed psychologist in private practice and a consultant for the Myrna Brind Center for Integrative Medicine at Thomas Jefferson University Hospital.

"Anything you do leaves an imprint on the brain. Sometimes people think

there's a magic activity that can prevent Alzheimer's, but it's more about challenging yourself," said Stoner.

The brain has the ability to change itself through experience, which scientists refer to as neuroplasticity. There are billions of nerve cells, or neurons, in the adult brain. "These neurons form networks. Networks that are used strengthen, while networks that aren't used weaken," she said. "When you regularly engage your brain in challenging activities, it develops a stronger, more complex network that can create backup systems that can protect against decline. We call this cognitive reserve."

### Pillars of brain health

The evidence for cognitive reserve is strong and can be traced back to the land-

## Brain Health

### What's in a memory

By Linda L. Riley

When you can't remember a name, or can't find your keys, if you are young you may put it down to forgetfulness, or having too much on your mind. Or maybe you're just bad with names. As we age, there is a tendency to worry more over these things – wondering if it is a sign of oncoming dementia.



**It's important to know how the brain changes as we age**

The brain goes through a series of normal and predictable changes over a person's lifespan. According to a timeline on the website [www.brainhealth.gov](http://www.brainhealth.gov) that maps the brain's changes by decades, our capacity for complex reasoning, creativity and long-term memory peaks by age 30. Past that

age, the brain slowly begins to shrink. In the 40s and 50s, the decline shows up as a slight loss of short-term memory, and not being quite as quick when playing games or cards. As we reach our sixth decade, the ability to understand finances may begin to decline. In the 80s and "beyond," the timeline advises, "Many individuals' reasoning, creativity, language and procedural memories will remain sharp."

But, according to the University of California San Francisco (UCSF) Memory and Aging Center, as they reach age 70 and older, it is normal for most people to experience mild declines in the ability to remember what they have just seen and in the ability to retrieve words and name objects. Loss of depth perception, which can make them more prone to falls, is also common.

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## Health Brief

# Feeling lonely, stressed, or depressed? Caring for a pet may banish the blues

You know that seeing your beloved Fido or Fluffy can make you happy. But did you know that having a pet may also make you healthier? Scientific research indicates there are associations between pet ownership and good health, both mental and physical.

According to the Mental Health Foundation, people with Alzheimer's disease have fewer anxious outbursts when there is an animal in the home. Pets offer regular companionship, which is especially important for homebound or disabled older adults. Having a pet may also help keep your mind sharp and your body mobile. Elderly people with pets generally live longer due to increased physical activity, socialization and mental function.

According to the National Institutes of Health and the Centers for Disease Control and Prevention, there are many health benefits to having a pet, among them:

- **Stress reduction:** A dog or cat can be a stress buffer to soften the effects of adverse events on an older person. For this reason, pets are often used for Animal Assisted Therapy in a wide range of therapeutic and institutional settings. For example, pets in nursing homes help to increase social and verbal interactions among the elderly.

- **Mental health:** For those who have lost a spouse, pet ownership and a strong attachment to a pet is associated with significantly less depression.

- **Companionship:** People with pets feel less lonely than those without.

- **Blood pressure:** Having a pet dog or cat in the home can provide beneficial effects on blood pressure for older adults with hypertension.

- **Exercise:** Walking your dog, if you are able, can provide a reason and the motivation to increase physical activity.

- **Community:** Pets help people connect and allow them to form closer bonds that underpin successful, healthy communities. This is particularly true in neighborhoods that foster communal



Milestones file photo

**Research shows people with pets live longer, have less stress and lower blood pressure**

areas such as dog parks, where pets and pet owners can socialize together. The presence of dogs increases the number and length of peoples' conversations with others in the community.

- **Security:** Dog owners feel less afraid of being a victim of crime when walking with a dog or sharing a residence with a dog.

If you love animals, but are unable to own a pet long-term, consider ways to increase your interactions with furry friends. Inquire at your local animal shelter about volunteer opportunities. You could also foster an animal on a short-term basis while a permanent home is being sought. Spend some time at a local dog park and get acquainted with the resident pooches. The iPhone app BarkN'Borrow allows you to search for and make an appointment to hang out with a dog near where you live. For friends or family who have pets, offer to pet sit when they go on vacation; or to walk the dog while they're at work. Not only will you be doing the pet owner a favor, you'll reap rewards in the form of puppy love.

## ARE YOU DEPRESSED? AGE 50 AND ABOVE? ARE YOU INTERESTED IN A TREATMENT STUDY?

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TO LEARN MORE, please contact Emma Satchell or Ben Rosenberg at the Center for Neuromodulation in Depression and Stress at 215-573-0083 or by email at [satchell@mail.med.upenn.edu](mailto:satchell@mail.med.upenn.edu) or [brosenb@mail.med.upenn.edu](mailto:brosenb@mail.med.upenn.edu).

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## Education

# Learning is fun with no tests or grades

By Marcia Z. Siegal

When you become a member of the Osher Lifelong Learning Institute (OLLI) at Temple University, you open the door to a world of personal enrichment. Whether you want to study digital photography, jump start your creative writing, learn a new language or pick up strategies for investment planning, more than 100 noncredit courses are available every fall and spring, as well as 50 each summer.

"This is the way education should be — no tests, no grades — just the pure joy of learning," says Adam Brunner, director of this program for adults 50-plus. Temple's program is among 119 Osher Lifelong Learning Institutes operating at campuses across the country, which are supported through the Bernard Osher Foundation.

### Variety, flexibility

For a membership fee of \$290 per year, members can attend as many OLLI classes as they choose, and borrow books from its lending library. The annual fee and the fact that 60% of its courses are walk-in offers participants flexibility. "You do not have to inform the program that you plan to attend a walk-in course, nor do you have to stick with it the entire semester," says Brunner. "The remaining 40% of our courses require registration and regular attendance is expected."

Bernice (Beanie) Carpel joined OLLI at Temple 10 years ago after retiring from a career as a legal assistant. "I wanted to do something to keep my mind active and growing and to meet new people," Carpel says. Since then she's taken a number of classes for pleasure in such diverse subjects as religion, art appreciation, film studies and music appreciation. "It's been everything I wanted and more. The faculty is exceptional. I've made a lot of new friendships, which is also important as you get older," she says.

OLLI instructors, who are all members of the organization, teach on a volunteer basis. "Often people join OLLI for a semester or two, and then want to share their expertise, either on their life's work,

or life's hobby," Brunner says.

Paul Selbst joined OLLI 14 years ago after retiring and moving to Philadelphia. As an OLLI student, he's pursued philosophy, arts and other classes. "After a couple of years, I decided to teach there as well," says Selbst, who holds a doctorate in public policy and was previously a university professor of health care management. As an OLLI instructor, he has taught courses in political ideology and issues in American government, among others, and is preparing to debut a new course this fall "on our troubled political system," he says. "For every class I teach, I do as much research as I would for the graduate courses I once prepared for." He's also shared some of his hobbies, teaching a folk music history course and giving guitar lessons.

Selbst says he would much rather teach at OLLI than in a university setting because he finds his current students more motivated. "They're not preoccupied with GPA or grades or papers or exams." As older adults, they come with experience having lived through certain political eras and events and have great curiosity. "Often students will come up to me and say they've known about a particular political event but never really understood it until now. The class helps to illuminate it for them."

OLLI lunchrooms at Temple Center City offer a place for members to socialize together and continue conversations stimulated in classes. They can also enjoy other OLLI experiences like special lectures and group trips to locations of cultural and historic interest.

Membership enrollment starts August 1 for the 2016/2017 school year and fills quickly, Brunner says. The fall semester starts September 19. Courses are held at Temple University's Center City Campus, 1515 Market St. For more information, call 215-204-1505; email [olli@temple.edu](mailto:olli@temple.edu); or visit [www.noncredit.temple.edu/olli](http://www.noncredit.temple.edu/olli).

Contact Marcia Z. Siegal at [msiegal@pcaphl.org](mailto:msiegal@pcaphl.org)

Photos courtesy of the Osher Lifelong Learning Institute at Temple



**Pictured (top):** Joanne Gordin leads a yoga class, one of the popular offerings at the Osher Lifelong Learning Institute (OLLI) at Temple University; and (bottom): Judson Dunlap (left) and Sheldon Kapustin enjoy the sociability in addition to the learning experiences at OLLI.



## PCA seeks volunteer "Ambassadors"

Aging brings many changes and it is important to know how to find and access resources when help is needed. That's where Philadelphia Corporation for Aging's (PCA) newly launched Ambassador Program comes in.

"We know that many people are unaware that PCA exists, in large part because they've never needed our services," said Rick Spector, PCA director of community relations. Volunteer Ambassadors will receive training about the many services available to older Philadelphians, including transportation services, care in the home, support for caregivers, home modifications, senior community centers, property tax rebates and other benefits.

"Our goal is to get the word out to the community so that when our services are needed, people know where to turn. We're looking for volunteers of any age," he said.

PCA Ambassadors will help connect community members with aging services through the PCA Helpline at 215-765-9040. They will be encouraged to seek opportunities to inform their communities about these services in a wide variety of settings, including places of business; houses of worship; fraternal, social, and community organizations; and among their own families, friends and neighbors.

Founded in 1973, for more than four decades PCA has been Philadelphia's Area Agency on Aging, providing and coordinating a wide range of programs and services to help the city's senior citizens lead lives as independent and healthy as possible.

To learn more about the PCA Ambassador Program, please call 215-765-9000, ext. 5340.

## Spreading message of peace with song

By Lawrence H. Geller

Sharon Katz, 60, South African born and raised but a Philadelphian now, brought the healing power of music to audiences from New York City to Washington, D.C. last month with the "Peace Train 2016 Tour Across America."

Performing with a diverse youth choir, her goal was to "put the 'United' back in USA," following the racial strife that has gripped the nation since the 2014 Ferguson, Missouri shooting of Michael Brown by a white police officer. Her strategy was a reprise of an historic concert tour across South Africa with an unprecedented multi-racial, multi-cultural choir, during the collapse of apartheid.



Photo courtesy of Sharon Katz

**Sharon Katz brought her concept of building bridges through song from South Africa to America with a series of "Peace Train" performances**

### Roots in South Africa

In 1993, Katz undertook three months of rehearsals in Durban, South Africa, with a multi-cultural choir of 500 youth. "The non-white youth could not believe that the white students would sing about racial harmony," Katz said, quietly reflecting back on that time. "Bear in mind," she continued, "this was still a year away from the first democratic elections to be held in 1994. I mean, why should they trust any white person? But ultimately they did."

Trust, and sing together – before an audience that itself represented an historic mixing of races and cultures. It was an unprecedented concert, combining traditional African music and original songs by Katz, such as "We Are the Children of South Africa."

"The ensuing publicity via TV and radio aroused a great deal of excitement, with offers to perform around the country," said Katz.

The 500 performers from the Durban concert were reduced to 150, a train was hired and a two-week tour began in December of 1993. "The experience of life on the train was almost as exciting as performing," Katz said, "with youth of all different cultures living together with no hassles."

The tour was an overwhelming success – attended by more than 200,000

people. "It meant a lot to people who had been marginalized under the apartheid system for so long," she said. But it was not without some tension, given that the nation was undergoing a tremendous transition. "There were bomb threats from extremists, and the train company was racist, so we had to pay high prices for everything," she said.

### Meeting Mandela

One of the members in the audience along the way was none other than Nelson Mandela. "He told me, 'Your music represents the ideal of the non-racial democracy I have been striving for all these years.' When he kissed me and told me that the Peace Train was the embodiment of his vision for the Rainbow Nation, I thought I had gone to heaven," Katz said.

Her grandparents had been Eastern European Jewish émigrés to South Africa. Growing up, she said, "my parents were not particularly political, but they imbued me with a strong sense of human values. By the time I was 10, I could sense something was wrong here, seeing how miserable it was for black people in my country. Even the song 'We Shall Overcome' was banned."

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Katz taught herself how to play the guitar, and that changed her life forever. She formed a band with five other youth, called the Shalom Bomb. Her whole existence became rehearsing and performing. She went on to earn a master's degree in Music Therapy from Temple University.

After earning her master's degree she got a job in Brooklyn's Special Education program, working with very difficult students. Through music, she says she was able to get some of the students to pick up instruments instead of knives and chains. "I always used performance as a technique in the music therapy, knowing how immensely boosting it could be to one's self-esteem."

A 1990 encounter with Joseph Shabalala, leader of the internationally known South African music and dance troupe, Ladysmith Black Mambazo, inspired her to return to South Africa. "When are you coming home?" he asked me. This was around the time that Nelson Mandela was about to be released from prison after 27 years. South Africa was on the road to change. "I knew I needed to return,"

she said.

Her return led to the birth of the Peace Train and "the beginning of a journey I'm still on."

*Lawrence H. Geller is an actor and freelance writer. He is retired from the Philadelphia Commission on Human Relations*

### Solutions to the Milestones Crosswords puzzle

(see page 19)



## Education

# Experiences, adventures and peeks behind the scenes make these trips unique

By Marcia Z. Siegal

Joan Divor and her husband took an eight-day hiking trip to Zion, Bryce and Grand Canyon National Parks last spring. While the hikes were challenging, they didn't have to worry about logistics, because everything was arranged by the Road Scholar organization.

Formerly known as Elder Hostel, Road Scholar offers 5,500 educational adventures in 150 countries and 50 states, including 219 National Parks trips. Since it began in 1975, this non-profit organization has served more than five million older adults, ranging from 50 to 90-plus.

Divor said taking the trip with Road Scholar offered many conveniences: bus transportation; most meals were included; and there was also a side excursion arranged for shopping and eating in a town near Zion National Park. This trip appealed to her "because it was the right location, right length of trip and a moderate price," Divor says. "We also wanted a fairly active vacation, and this trip offered the level of activity we wanted with hikes that were enjoyable and sometimes challenging." Knowledgeable hiking guides presented in-depth information about each park and relevant geological topics, she said. Best of all, "there were spectacular views everywhere," she said.

### Inside scoop

"Our trips go beyond typical sight-seeing with tour guides and guidebooks. Everything we do is built on learning experiences and going behind the scenes," says Road Scholar Chief Executive Officer James Moses. Road Scholar works with educators and experts from around the world to create and lead its educational adventures.

"The Best of Theater in New York: Behind the Velvet Curtain," one of 26 theater trips, is one of Road Scholar's most popular offerings. It's billed as a way to dive deep into the world of theater in New York, from Broadway to off-Broadway and behind-the-scenes. Participants take an historical walking tour of the theater district led by a theater professor;



Photos courtesy of Road Scholar

**Road Scholar offers 5,500 educational adventures that span 150 countries and all 50 states.**



go backstage to meet the actors; enjoy a behind-the-scenes discussion of the page-to-stage process with key staff, such as a producer, director, or theater manager; and may even sit in on a casting call, among other activities.

Lately, Cuban journeys are enticing hundreds of Road Scholar adventurers. On one of these, participants accompany a Pulitzer Prize-winning photographer to photograph and practice their skills at scenic sites on the island. There are also trips focused on particular cities and regions of Cuba "so

participants really have the opportunity to get to know the people and culture," said Moses. Families with children can book an intergenerational trip there.

You can select your experience based on destination; size of the group; dates available; price; level of activity; duration; particular interest; or a combination of these criteria. There are currently 61 categories of interests, including national parks, food and wine, film festivals, bicycling, ocean voyages, opera, winter sports, and language study. Intergenerational trips are

available, tailored to various interests and to children's ages.

At the Wyoming Dinosaur Center destination, for instance, grandparents and grandchildren can join paleontologists on fossil hunts to dig for dinosaur bones and other finds. "The Magic of Italy: A Grandparent Adventure by Riverboat" takes grandparents and grandchildren on a sight-seeing and culinary journey to Venice, Verona and other Italian cities.

Reflecting on her experience with the National Parks trip, Divor says she "would recommend Road Scholar to anyone. Our trip was very enjoyable and beautifully managed in all details. It offered a great time and great value for the money, and we met wonderful people. Everybody was very friendly and helpful."

For information, call 800-454-5768 or go to [www.road scholar.org](http://www.road scholar.org). Financial assistance may be available through Road Scholar's caregiver and enrichment grants. Call the number above or visit <https://www.road scholar.org/about/financial-assistance>.

Contact Marcia Z. Siegal at [msiegal@pcaphl.org](mailto:msiegal@pcaphl.org)



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## Brain Health

# Diagnosed with Parkinson's disease, now he's on a crusade to educate others

By Marcia Z. Siegal

When John Creveling was first diagnosed with Parkinson's disease (PD) in 2009 at age 62, he masked the relatively mild symptoms he was having, concerned about the possible reactions people might have to his illness. But within a year he and his wife, Christina (Chris), had embarked on a crusade to destigmatize and inform others about the disease.

"Six months after my diagnosis I had told very few people that I had PD," Creveling says. "My wife and I informed our children, some family members and a few close friends. At the time I was self-employed and uncertain how my clients would react to my having PD. During the early months my symptoms were very mild – an occasional involuntary movement of my right hand for example," he says. "I put my right hand in my pocket

when I felt tremors were present and waited until they subsided.

"Fortunately for me, I have a very determined wife. She advocated that hiding my disease wasn't helping me or anyone else. She was right, of course, and thus I began my journey into activism and making myself available to support other people who have been diagnosed with Parkinson's disease," he said.

When they first appear, many of the symptoms may be brushed off as just a normal part of aging, leading to treatment delays if people do not recognize the signs of PD. There is no definitive blood test or brain scan for Parkinson's, and it cannot be definitively diagnosed without an autopsy.

### Symptoms vary

"An apt analogy I learned is that PD is like a snowflake because every person

Photos by Paola Noguerras



**John Creveling (above) has found that art helps him cope with Parkinson's disease (PD). (Right) Creveling and his wife, Christina, have become volunteer advocates to educate others about PD and resources for help.**



experiences the disease in a unique way," Creveling says. "There are a variety of symptoms and reactions to medication differ according to the individual. The rate of progression also varies. In my case, the original symptoms were tingling in my fingers and toes that professionals thought might be carpal tunnel. Since I spent hours on the computer, this made sense to me. It was not until I saw a movement disorder specialist and a neurologist that I was diagnosed with PD," he says.

He and his wife are now volunteer advocates with the University of Pennsylvania Udall Center for Excellence in Parkinson's Disease Research. In his role as volunteer educator and advocate, Creveling emphasizes the importance of being aware of possible symptoms and connecting with the right specialists early on. Studies have shown that African-Americans in particular are often diagnosed later, when their cases are more severe, and that as a result they experience higher levels of disability. Much of their outreach focuses on that population. (See page 18.)

Through the Parkinson's Disease Foundation (PDF) Creveling was trained to support individuals who

have been diagnosed with PD. Along with a healthcare professional, this fall he will lead a newly created support program for eligible individuals who have been diagnosed with PD in the last three years and their care partners.

When Creveling was diagnosed, his first thought was "boy, this is going to have an impact on riding my motorcycle into the sunset of old age," he says. "I had a dream of riding my motorcycle across the United States and visiting as many states as possible. Like a favorite uncle of mine, I wanted to ride well into my 80s."

Dreams change. Creveling gave up motorcycle riding a few years ago. Now he dreams that with the growing momentum of research, there will be a cure for Parkinson's disease one day. "I've been unbelievably fortunate to be born with genes that predispose me to view the glass as half-full. That has helped me tremendously these last seven years," he says.

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# Memory

• continued from page 1

## Different kinds of memory

The UCSF Memory and Aging Center website describes the different types of memory, each of which is stored and processed in specific parts of the brain, among them:

- **Working memory:** the ability to remember recently-learned information, such as an address or phone number, or your pickup number at the Chinese restaurant.

- **Episodic memory:** the ability to remember details about something that happened, such as what you had to eat at a restaurant, where you sat and with whom; or where you parked your car at the shopping center.

- **Semantic memory:** the ability to remember facts and words.

Each type of memory uses a different network in the brain, so although one type may be affected by disease or injury, another type can continue to function normally. The specific type of memory loss may provide a clue as to the cause.

## Causes of memory loss

According to the National Institute on Aging, while memory loss may be one of the signs of dementia, sometimes there are other causes that are treatable and reversible. These can be a wide range of conditions, among them deficiency in vitamin B12; thyroid, kidney and liver disorders; chronic alcoholism; and tumors, infections and blood clots in the brain.

Medications, such as antidepressants, antihistamines, anti-anxiety medications, muscle relaxants, tranquilizers, sleeping pills, and pain medications given after surgery, can also cause or contribute to memory loss.

Stress, anxiety and depression also can have a negative impact on memory and thinking. Any significant life change, such as a serious health problem, the death of a loved one, or even retirement can cause or contribute to these problems, which in turn can impact concentration and memory.

Treatment for cancer can cause a wide range of cognitive problems, including memory loss, confusion, difficulty concentrating, impaired verbal and math



## Many medications can contribute to or cause memory loss

abilities, mood swings, and heightened emotional reactions.

## Don't delay getting help

Any concerns about memory loss should be addressed promptly. The National Alliance on Mental Illness offers these recommendations:

- Begin by making an appointment with your primary care physician, and having a complete medical exam to determine if there is an underlying cause, such as those listed here. This should include a neurological exam, where the doctor asks certain questions to determine basic information about your ability to recall information, and your ability to follow directions, among other things.

- Depending on the results, the doctor may order diagnostic tests.

- If the memory loss cannot be attributed to physical conditions that can be treated by your primary care physician, it is important to see a doctor who is experienced in diagnosing and working with these issues in older adults. Ask your doctor for assistance in finding a specialist and making an appointment.

- If you find that there is a long wait for new patients, make an appointment anyway, and ask to be put on the waiting list for cancellations.

- If you feel you are in an emergency situation, go immediately to a hospital emergency room; preferably one that has a geriatric psychiatry unit.

For help finding a mental health practitioner, contact The National Alliance for Mental Illness HelpLine at 800-950-6264, Monday through Friday from 10a.m. to 6p.m., or email: [info@nami.org](mailto:info@nami.org).

Contact Linda L. Riley at [lriley@pcaphl.org](mailto:lriley@pcaphl.org)



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# August 2016

## Sunday

**7 ACANA African Festival.** Food, arts & crafts vendors, & music performances. to modern Afropop & reggae. 2-8 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**WWII: Explore the Eastern Front.** Living history activities, guided tours, rifle drills, "grenade" toss & more. 10 a.m. to 4 p.m. Fort Mifflin on the Delaware. 215-685-4167. \$

**14 Second Sunday Family Corner.** Explore exhibits that emphasize the role of athletics in Jewish American history & create sports-themed crafts. 10 a.m. to 3 p.m. National Museum of American Jewish History. 215-923-3811. \$

**21 Caribbean Festival.** Culture, music & food from 14 Caribbean islands; kid's activities; & marketplace. Noon-8. Great Plaza at Penn's Landing. 215-922-2FUN.

**28 Trip: Cleveland, Ohio & the Rock & Roll Hall of Fame.** Includes trolley tour of city, art museum, shopping at West Side Market, Horseshoe Casino, some meals, hotel, bus transportation & dinner cruise. Presented by KleinLife. Register: 215-698-7300, ext. 176. (Through Aug. 31.) \$

**Monday 1**

**Line Dancing.** 12:45-2:30 p.m. & 2:30-3:30 p.m. (beginners). Center in the Park. 215-848-7722. (Mondays) \$

**8 Spiritual Journeys Class.** Session for the mind, body & spirit with Rev. Nate & Delores. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**15 Breast Cancer Support Group.** 1-2:30 p.m. Center in the Park. RSVP: 215-848-7722.

**22 Spiritual Journeys Class.** Session for the mind, body & spirit with Rev. Nate & Delores. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**29 Sing-along.** 9:30 a.m. Center in the Park. Register: 215-848-7722. (Mondays)

**Tuesday 2**

**Easy Crafts.** Make decorative items. Supplies included. 10:45-noon. St. Anne's Senior Center. 215-426-9799. \$

**9 Chair Yoga: Get Fit, While You Sit.** For all ages & body types. 9:30 a.m. St. Anne's Senior Center. 215-426-9799.

**Easy Crafts.** Make decorative items. Supplies included. 10:45-noon. St. Anne's Senior Center. 215-426-9799. \$

**16 Chair Yoga: Get Fit, While You Sit.** Stretching & toning for all ages & body types, meditation & breathing. 9:30 a.m. St. Anne's Senior Center. 215-426-9799.

**Easy Crafts.** Make decorative items. Supplies included. 10:45-noon. St. Anne's Senior Center. 215-426-9799. \$

**23 African-American Journeys.** 1 p.m. Center in the Park. 215-848-7722.

**Chair Yoga: Get Fit, While You Sit.** Stretching & toning for all ages & body types, meditation & breathing. 9:30 a.m. St. Anne's Senior Center. 215-426-9799.

**Easy Crafts.** Make decorative items. Supplies included. 10:45-noon. St. Anne's Senior Center. 215-426-9799. \$

**30 Chair Yoga: Get Fit, While You Sit.** Stretching & toning for all ages & body types, meditation & breathing. 9:30 a.m. St. Anne's Senior Center. 215-426-9799.

**Monthly Birthday Party.** Cake, ice cream, lunch & live entertainment. 11:45 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**Wednesday 3**

**iPad Lessons.** Learn to navigate the internet & install/operate applications. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**Rubber Stamping & Card Making Class.** 2:30-4:30 p.m. Center in the Park. 215-848-7722. \$

**10 iPad Lessons.** Learn to navigate the internet & install/operate applications. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**17 Blood Pressure Screening.** Center in the Park. 9:30 a.m. 215-848-7722. (Third Wednesday of month.)

**Rubber Stamping & Card Making Class.** 2:30-4:30 p.m. Center in the Park. 215-848-7722. \$

**24 iPad Lessons.** Learn to navigate the internet & install/operate applications. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**31 iPad Lessons.** Learn to navigate the internet & install/operate applications. 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**Live Right: Healthy Eating.** Interactive presentation with tasting by Phyllis LoDuca, registered dietician from ShopRite. 11 a.m. St. Anne's Senior Center. 215-426-9799.

**Thursday 4**

**Poetry & Discussion Group.** 10:45-noon. Center in the Park. 215-848-7722. (Thursdays)

**Screenings Under The Stars: "Captain America: The Winter Soldier."** 8:30-10:30 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**11 Screenings Under The Stars: "Beetlejuice."** 8:30-10:30 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**Stretch4Life.** 10:15 a.m. Center in the Park. 215-848-7722. (Thursdays) \$

**18 Enhance Fitness Exercise Class.** 9 a.m. Center in the Park. Register: 215-848-7722. (Tuesdays & Thursdays)

**Screenings Under The Stars: "Inside Out."** 8:30p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**25 Screenings Under The Stars: "Zootopia."** 8:30p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**Friday 5**

**Israel Scouts Friendship Caravan.** Song & dance program. Lunch at 11:30 a.m. Entertainment at 12:15 p.m. KleinLife Center City. RSVP for lunch (\$): 215-832-0539.

**12 AARP Refresher Driving Course.** 10 a.m. to 3 p.m. PSC - Avenue of the Arts. RSVP: 215-546-5879. \$

**Medicare Education Seminar.** Presentation with Q&A by Ron Hyman of Insurance Shops. 12:15 p.m. KleinLife Center City. 215-832-0539.

**19 Cookology.** 10 a.m. Peter Bressi NE Senior Center. 215-831-2926.

**Painting with Jim.** 15-week studio class with artist James Wallace. 9-noon. Center in the Park. 215-848-7722. \$

**Vocalist Jimmy Zammer.** Lunch at 11:30 a.m. Entertainment at 12:15 p.m. KleinLife Center City. RSVP for lunch (\$): 215-832-0539.

**26 Vocalist Stu Weitz.** Lunch at 11:30 a.m. Entertainment at 12:15 p.m. KleinLife Center City. RSVP for lunch (\$): 215-832-0539.

**Women's Wellness Workshop.** Health care, job & resume help, legal services, seminars on issues affecting African & Caribbean women. 5:30-7 p.m. African Cultural Alliance of North America. 215-729-8225.

**Saturday 6**

**Allegheny Avenue Arts Fest.** Showcase of young adults from North Phila. community in music, performing & visual arts. Health screenings & resources. Free hot dogs, chips & water. 10 a.m. to 4 p.m. 1600 Block of West Allegheny Avenue. Presented by Georgia E. Gregory Interdenominational School of Music. 215-430-0435.

**13 Caregivers Respite.** Healing & relaxation activities, including yoga, sharing stories & hands-on healing techniques. 2-4 p.m. Boomers R Heroes. 215-758-7305.

**20 "Don't Bother Me, I Can't Cope."** Musical revue about the African-American experience with gospel, jazz, funk, soul, calypso & soft rock. 7 p.m. New Freedom Theatre. Tickets: 888-802-8998. \$

**Festival of India.** Art, dance, music & cuisine. 1-7 p.m. Great Plaza at Penn's Landing. 215-922-2FUN.

**27 Circus Week at The Garden Railway.** See the Big Top & circus trains, learn history of circus & watch for surprises. 10 a.m. to 4 p.m. Morris Arboretum of the Univ. of Pa. 215-247-5777. (Through Sept. 6) \$

**Milestones**

Events that end with a \$ require an entrance fee or advance ticket purchase. Events that are free may request a donation or offer items for sale. Please call the number listed for information on pricing or other questions about an event.

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## In Season

### Cool down with this berry sweet treat

Summer fruit offers plenty of enticing possibilities for a sweet treat – without extra sugar, fat and calories.

#### Yogurt Berry Parfait

(4 servings)

##### Ingredients:

2 cups low-fat, plain or vanilla yogurt  
1 cup bananas, sliced  
½ cup fresh blueberries, blackberries and/or raspberries  
½ cup fresh strawberries, sliced  
¼ cup low-fat granola, chopped nuts and/or whole-grain cereal  
Other optional seasonal fruit: Slices of peaches, plums or nectarines

##### Instructions:

Line up four parfait or other tall glasses. Spoon ¼ cup of yogurt into each glass. Divide the fruit evenly among the glasses and sprinkle each with 2 tablespoons of granola.

#### No-Bake Chocolate Cheese-cake with Mixed Berries

(Serves 14)

##### Ingredients:

4 ounces chocolate wafers  
1 tablespoon honey  
2 teaspoons unsalted butter, melted  
3 tablespoons 2% reduced-fat milk  
1 ½ teaspoons unflavored gelatin  
10 ounces low-fat cream cheese, softened  
1 ¼ cups powdered sugar  
1 cup plain fat-free Greek yogurt  
½ cup dark unsweetened cocoa powder  
½ teaspoon vanilla extract  
1 ounce bittersweet chocolate, melted and cooled  
¼ cup whipping cream  
1 ½ cups raspberries  
1 ½ cups strawberries, quartered  
1 cup blueberries

##### Instructions:

Place chocolate wafers in a food processor; process until finely ground. Place ground wafers in a bowl; stir in honey and butter. Press mixture into bottom and up sides of a 9-inch round removable-bottom tart pan. Cover and freeze



Milestones file photo

**Berries and yogurt make a sweet, low-fat treat.**

1 hour or until firm. Wipe food processor with a paper towel.

Combine milk and gelatin in a microwave-safe bowl; let stand 3 minutes. Microwave at high 15 seconds; stir until gelatin dissolves. Cool slightly.

Combine cream cheese and next 4 ingredients (through vanilla) in food processor; process until smooth. Add milk mixture and cooled melted chocolate; process until smooth. Place whipping cream in a clean bowl; beat with a mixer at high speed until stiff peaks form. Gently fold one-fourth of chocolate mixture into whipped cream. Fold whipped cream mixture into remaining chocolate mixture. Spoon chocolate mixture into prepared crust. Chill 6 hours or until set.

Combine berries in a bowl. Top cheese-cake with berry mixture.

Source: United States Department of Agriculture (USDA)

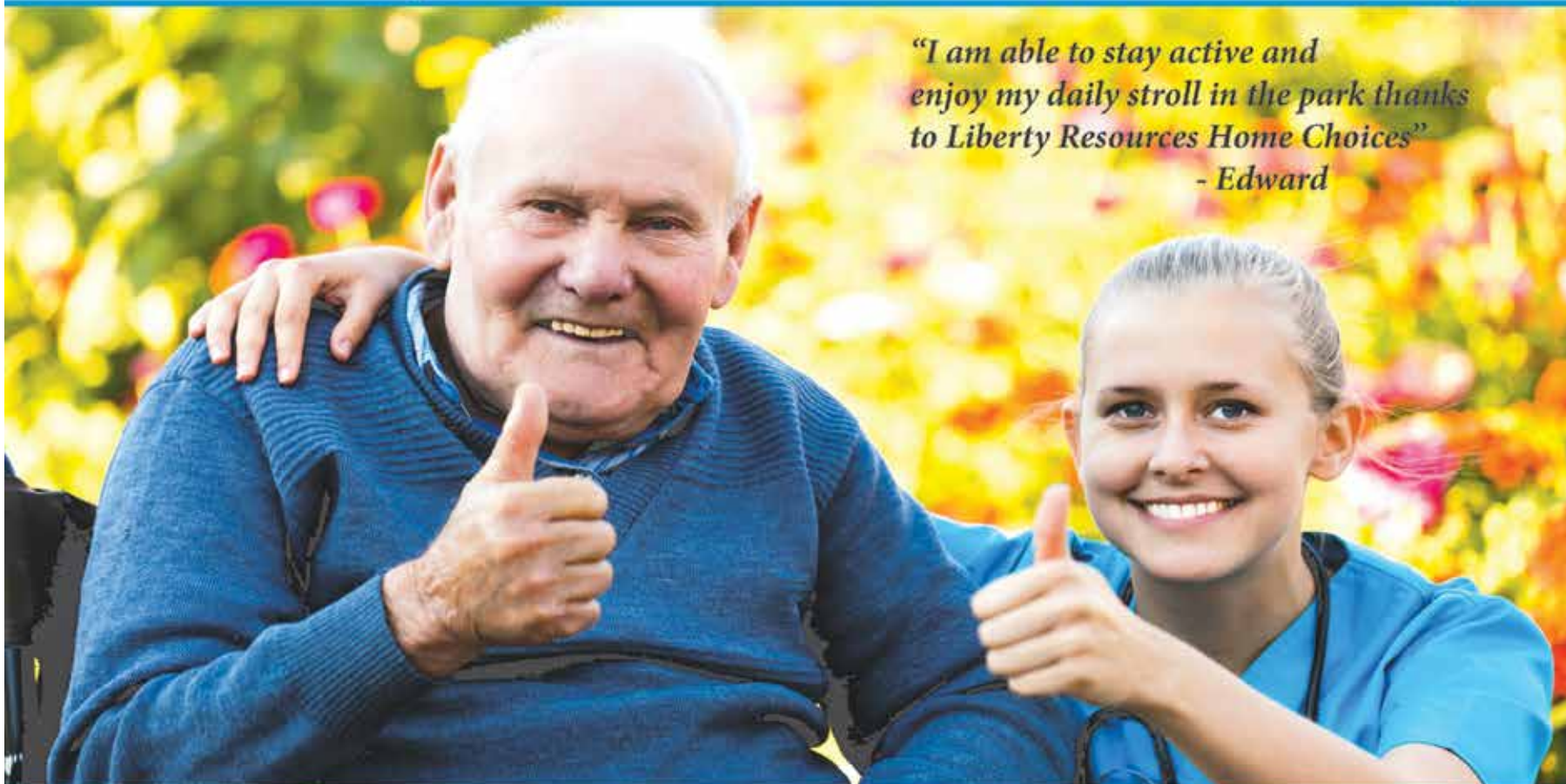
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## Mind-body

• continued from page 1

mark “Nun Study” in the 1980s.

“Back before we had brain scans, a group of nuns donated their brains to science to be studied after their deaths. One of the nuns, Sister Bernedette, taught until her 70s, did crossword puzzles, and was very social. When she died at 87, she was found to have Stage 4 – the most advanced – Alzheimer’s, but she had showed no signs. Yet another nun, who was found to have only Stage 1 Alzheimer’s had deteriorated quickly in life. This led researchers to start to think there must be something that is protecting the brain,” said Stoner.

Medical advances in the three decades since the Nun Study have led to recommendations of ways to develop your cognitive reserve.

### Exercise

Regular aerobic exercise of moderate intensity is strongly associated with a reduced risk of dementia later in life. There



Photo by Alicia M. Colombo

**Psychologist Marie Stoner has studied the aging brain and advises seniors to challenge themselves to keep their mind sharp.**

is increasing evidence that people who develop an overall program for an active lifestyle “get dementia later and die

sooner, but their quality of life is high until they get sick,” said Stoner.

In one large study, people who exercised regularly in middle age were two-thirds less likely to get Alzheimer’s disease in their 70s than those who did not exercise. Even people who began exercising in their 60s reduced their risk by half. “Exercise has the clearest indication of a protective factor. Don’t be a couch potato!” said Stoner. “A sedentary life style contributes to negative neuroplasticity. Strive for 20 minutes of exercise on most days, but more is better.” She added that maintaining an active lifestyle doesn’t have to mean going to the gym. Cleaning, gardening or brisk walking can qualify as moderate intensity aerobic exercise. As a rule of thumb, when doing moderate intensity exercise you can talk, but you can’t sing.

### Stimulation

Cognitive stimulation, or “brain training,” can help strengthen your cognitive function. But to achieve a measurable benefit, activities need to be novel, challenging and varied. “If you just read the 100th book on something that you already know, it won’t have as much of an impact on you as picking a new topic. It may be relaxing to do an easy crossword puzzle, but it’s not that stimulating for the brain. People think learning a language is a magic bullet, but only if it’s both challenging and interesting to you,” said Stoner. Website and smartphone brain games, such as those offered by Lumosity, Brain HQ and AARP, have become immensely popular. These are designed to give the brain a “work-out” by exercising different cognitive skills.

### Relaxation

Stress management is vital to maintaining a healthy connection between your mind and body. Chronic stress erodes your brain. It inhibits glucose delivery and damages neurons. Memories become harder to access. Prolonged exposure to extreme stress, such as with Post Traumatic Stress Disorder (PTSD), leads to atrophy of the hippocampus, the brain’s memory center. “Extreme stress kills neurons. Everybody needs to find their own stress reduction method. We all need a way of dialing down that’s

not watching TV and having a drink,” Stoner said. Healthy stress reduction methods include meditation, yoga, tai chi, breathing techniques and massage. “Breathe2Relax” is a free guided breathing app developed by the Department of Defense which is available for download to a smartphone or tablet.

### Nourishment

The old saying “you are what you eat” is especially true when it comes to not only your physical but your mental health. Researchers studying the impact of diet on cognitive decline have developed the “MIND” diet, which recommends eating primarily green leafy and other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil and wine. It is also essential to avoid or limit quantities of red meats, butter and margarine, cheese, pastries and sweets, and fried and fast foods.

Strict adherence to the MIND diet has been shown to lower the risk of Alzheimer’s by as much as 53%. Only moderate adherence lowered the risk by approximately 35%.

### Engagement

People who have complex social networks tend to have better cognitive functioning. Strong social connections help to avoid brain decline and delay dementia symptoms. Researchers have found that more frequent social interaction and a higher level of perceived social support are associated with better cognitive function in older adults. The number of social connections does not matter, but research has shown that, like other activities recommended for brain health, novelty and variety do count.

The bottom line is that while there is no sure-fire way to prevent getting dementia, there are steps you can take to keep your mind active and healthy. “When I give talks, people seem really interested in the nutrition part. They also like to learn about the brain games, especially knowing there is somewhere they can go and do it for free. Food and exercise is the closest thing we have to a pill that prevents dementia,” Stoner said.

Contact Alicia M. Colombo at [acolombo@pcaphl.org](mailto:acolombo@pcaphl.org)

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## Cellar swing made for fun on rainy days

By Dorothy Stanaitis

The small backyard of our Ogden Street row home was large enough to accommodate our mother's beautiful flower borders and three clotheslines for laundry day, but there was simply not enough room for children to play there.

The solution for many space-challenged Philadelphia youngsters was to turn the city streets into playgrounds. Due to plentiful public transportation and WWII gas rationing, traffic was almost non-existent in the smaller neighborhoods, so there were no safety issues.

There was always a game of tag, pickle ball or red rover going on, sometimes interrupted by bikers or roller skaters passing through. Games of hopscotch, jump rope, marbles or jacks took place on the sidewalk. That was fine until rain, snow or extreme cold kept the children indoors.

Certainly, no one would be allowed to play in the living room – grandly called “parlor” by those who had struggled through the Great Depression and could finally afford lace curtains and nice plush furniture. Our mother was one of these, but she had a plan for her three active children. The cellar would become our playroom.

All of the Ogden Street homes had cellars. They were reached from the kitchen by a flight of twelve stairs leading into a large cement-floored room with walls of bumpy construction blocks that had been white-washed.

The main feature was a big black coal furnace with a large coal bin to feed it. The coal bin faced the front of the house and had two small windows that were high on the inside wall, but at street level on the outside. Their decorative wrought iron grills could be opened from the inside to accommodate a long chute on the delivery truck.

It was always an exciting event for the neighborhood children who gathered to watch the coal men at work. If the pour was especially rapid, stray pieces of coal would fly from the chute onto the ground where eager little boys scrambled to gather it up. They were proud to take home several pieces of the free fuel.

The other end of the cellar was lined with shelves to hold out-of-season items. The boxes of Christmas decorations and

Easter baskets were kept hidden on the highest shelves and covered with old sheets. Items too large for the shelves were stacked neatly on the floor, but there were very few. This was a modest neighborhood, struggling with WWII shortages. There were no shelves stacked with canned goods and groceries. Hoarding was considered quite unpatriotic, especially with the number of neighborhood boys away in the service. Each of those boys was proudly represented by a blue star service flag hung in one of the front living room windows.

### Cozy and warm

The front windows of the cellar and one small side window from the little back yard provided the only outdoor light in the large room. The heat from the furnace provided a warm refuge from the cold city street, and with a few inexpensive improvements, Mother was sure she could carry out her plan.

It was the custom on Ogden Street to have woolen rugs on the floors during the winter and roll them up in mothballs for summer storage when grass rugs were used. One of the rugs was no longer nice enough for the parlor, but quite adequate for the new playroom. Two floor lamps were plugged in. A pretty curtain was hung in front of the storage shelves, and our book cases and toy box were set up along the cellar wall. But the main attraction was yet to come.

We were sent to Weinrachs Hardware Store with a small list of items that included four heavy metal bolts and a large coil of heavy rope. Our father attached the bolts to the ceiling rafters, then used the rope and some thick boards to create two indoor swings.

Our playroom was complete, and quickly became a neighborhood sensation. Our small table and chair set was always in use. Other children would perch on the cellar stairs to read comic books or play card games while they waited their turn on the swings.

When Mother offered her homemade oatmeal cookies and mugs of milk, it created a playroom atmosphere that was hard to leave, even when spring returned. In fact, during the hot, humid Philadelphia summer, the cellar was a cool alternative to the city streets and just like the winter, there would be a group of children waiting for their turn on the two cellar swings.

*Dorothy Stanaitis is a retired librarian and a freelance writer.*

## Spot and steer clear of these scams

by Lisa Lake

What's worse than losing money to a scammer? Losing more money to another scammer claiming to help you recover from the first one.

Yep; this really happens. It works like this: Con artists contact you because you're on their lists of people who lost money to scams. For a "small fee" or "donation" upfront, they promise to recover the money you lost from a prize scheme, bogus product offer, or some other scam.

Sometimes, they try to get you to contact them by putting their offers of "help" in the comments section of blog posts or online articles about scams. Some crooks claim to be from a government agency to appear trustworthy. Others pretend to be actual victims who got (supposed) help from some (fake) agency or company.

But it's all just a scam, too — another way for a scammer to profit from your loss. They're after your money, and if you share your payment information, they've

got it.

Here's how you can avoid these recovery scams:

- Don't pay upfront for a promise. Someone might ask you to pay in advance for things – like help with recovering from a scam. Consider it a no-go if they ask you for money before they provide any "help."

- Don't send money or give out personal information in response to an unexpected text, phone call or email.

- Do online searches. Type the name or contact information into your favorite search engine with the term "complaint" or "scam."

- Sign up for the FTC's free scam alerts at [ftc.gov/scams](http://ftc.gov/scams) for the latest tips and advice about scams.

And if you find yourself scammed, file a complaint with the FTC at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov).

*Lisa Lake is Consumer Education Specialist at the Federal Trade Commission (FTC).*



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## Brain Health

# African-Americans' diagnoses delayed

By Marcia Z. Siegal

Muhammad Ali conquered many opponents, but his most challenging battle was with Parkinson's disease (PD).

Despite his efforts to bring attention to this disease, studies suggest that African-Americans are often diagnosed later, when their cases are more severe; and that they experience higher levels of disability.

### Know the symptoms

A chronic, progressive neurodegenerative disease, PD occurs when certain nerve cells die or become impaired. This can cause a loss in the ability to control body movements, according to the National Institute on Aging. Symptoms of PD begin gradually, often on one side of the body, according to the Parkinson Council. Later they affect both sides. They can include:

- Resting tremor on one side of the body, then both
- Trembling of hands, arms, legs, jaw and face
- Stiffness of the arms, legs and trunk, which can be painful
- Slowness of movement
- Poor balance and coordination
- Small, cramped handwriting
- Difficulty with "automatic" movements, like arm swinging and blinking
- Decreased facial expression
- Lowered voice volume
- Episodes of feeling "stuck in place" when you take a step (freezing)
- Foot drag
- Less swallowing

As symptoms get worse, people with the disease may have trouble walking, talking or doing simple tasks. Complications can sometimes include cognitive difficulties, constipation, bladder problems, difficulty swallowing and difficulty sleeping. The stresses of living with the disease can also cause depression and anxiety.

PD is usually treated with medication to help control symptoms. In some later cases, surgery may be advised. Aerobic exercise; physical therapy that focuses on balance and stretching; and speech

therapy for speech problems may be recommended.

See your doctor if you have any of the symptoms associated with PD to diagnose your condition and rule out other causes for your symptoms.

### Resources:

**The African-American Community Outreach Project** of University of Pennsylvania's Udall Center for Excellence in Parkinson's Disease Research offers information and speakers about PD for African-American community organizations. For information: 215-829-7778 or [Jacqui.Rick@uphs.upenn.edu](mailto:Jacqui.Rick@uphs.upenn.edu).

**The Parkinson Council** provides information, referral and support for patients, care partners, and families impacted by PD; and raises funds for patient and care partner programs and services and PD research. For information: 1-610-668-4292; [info@parkinsoncouncil.org](mailto:info@parkinsoncouncil.org); or <http://theparkinsoncouncil.org>.

**The Parkinson Disease and Movement Disorders Center** of University of Pennsylvania Health System provides evaluation, diagnosis and treatment for PD and other types of movement disorders. For information: 1-800-789-PENN; [www.pennmedicine.org](http://www.pennmedicine.org). Type "movement disorders" in the search function.

**Parkinson's Disease Foundation** (PDF) provides information and support for people with PD and caregivers; resources and training for professionals. For information: PDF National Helpline at 1-800-457-6676; [www.pdf.org](http://www.pdf.org); or [info@pdf.org](mailto:info@pdf.org).

**The Parkinson's Disease, Research, Education, and Clinical Center at Philadelphia VA Medical Center** provides comprehensive care to individuals currently enrolled in the VA Health System with PD and other movement disorders and educational programs for patients, families and health care professionals. For information: 215-823-5800, ext. 4331; [www.parkinsons.va.gov/Philadelphia](http://www.parkinsons.va.gov/Philadelphia).

Contact Marcia Z. Siegal at [msiegal@pcaphl.org](mailto:msiegal@pcaphl.org)

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## Don's Column

## On learning the facts of life - and death



By Don Harrison

"Tell me about the war, Dad," I used to implore him, but he wouldn't. Wars are bad, he'd tell me, and little boys shouldn't glorify it. As a Purple Heart veteran, he could tell me a lot of exciting stuff, I was convinced, but — no go.

"The war," of course, was what later was known as World War One; the numeral was added when it proved to have been the prelim to a longer, more universal and deadlier one — to a series of wars, in fact, which are still going on. (Is anyone around today who hasn't lived through one war or more?)

That one, though, "the war to end all wars," was the only one we had at the time; no number needed.

A South Philly kid who had never seen a rifle in his life, my father was drafted into an Army that was so unprepared for modern warfare (unlike today's high-tech streamlined fighting machine) that he and his buddies underwent basic training aboard the troopship bound for France, where they were dumped into the killing fields.

In the Argonne Forest, he caught some shrapnel in a thigh, and was rushed to a field hospital. After successful treatment, he was about to be returned to combat when he was stricken with the Spanish influenza, pandemic at the time throughout the world.

The flu killed millions, but it might have saved his life. And a few years later, made mine possible.

\* \* \*

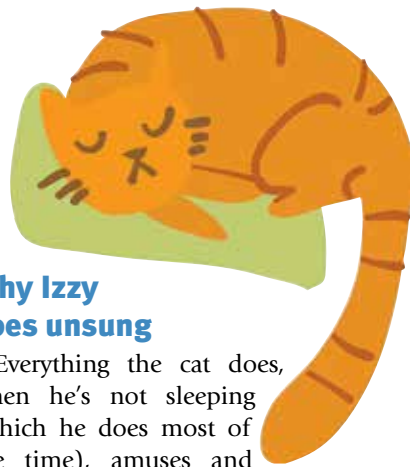
## The 'facts (?) of life'

When it had to be referred to at all, the press absurdly referred to it as "s-x." One acceptable alternative was the euphemistic "facts of life," but considering how much MISinformation used to be circulated, "facts" was a misnomer.

It was a topic unmentioned in mixed company. That's hard to believe today, when we're inundated by mention of sex and body parts — in advertising, on screen and TV, even in politics and government

— and in the bluntest of terms.

No matter how fascinated we had been by the subject, because of all the taboos, ignorance was widespread — even among grownups. Awash in it as we are today, I'm not sure we're any smarter about it.



## Why Izzy goes unsung

Everything the cat does, when he's not sleeping (which he does most of the time), amuses and charms us. We used to comment on it in this column, until cat owners convinced us that he is not unique, that he's just doing what all cats do.

So, I stopped writing about Izzy.

Izzy is not ours (we never had a cat in the house because of an allergic daughter); he belongs to a neighbor, but he shows up on our doorstep early, hangs around all day (except for occasionally waiting at the door to be let out briefly), and some evenings, has to be lifted bodily and thrown out (next morning, he's back on our doorstep).

We enjoy him, and since that daughter — now in her 50s — lives on the West Coast, he's more than welcome.

Cat People tell us he's just being a cat. Fine, but to us, he is The Cat, and even if he's just like all the others, we enjoy him.

We'll just have to keep it to ourselves.

Milestones Editor Emeritus Don Harrison served as deputy editor of the Daily News opinion pages and as an assistant managing editor and city editor of the Philadelphia Bulletin.

## The Milestones Crossword

## Eat your veggies

## ACROSS

- 1 General Bradley  
5 Respond to stimuli  
10 \_\_\_ in one's bonnet  
14 Hawser  
15 Islam's god  
16 "\_\_\_ I say, not . . ."  
17 Pugilistic trademarks  
20 AWOL, maybe  
21 Mortar adjunct  
22 Arabian Sea gulf  
23 Sonneteers  
24 Certain cat  
27 Mansion feature  
30 Addition  
31 Non-producer  
32 \_\_\_ Maria  
33 Disencumbers  
34 Intimidate  
35 Bakery items  
36 Expert  
37 \_\_\_ *Entertain You*  
38 Category  
39 End  
41 Deli choices  
42 Kind of buddy  
43 Neighbor of Java  
44 Sudden  
46 Equidistant

- 50 Garden crop  
52 Food fish  
53 Remainder, to Pierre  
54 Like some pockets  
55 Tennis great  
56 Overfull  
57 Goldwater and Moynihan: abbr.

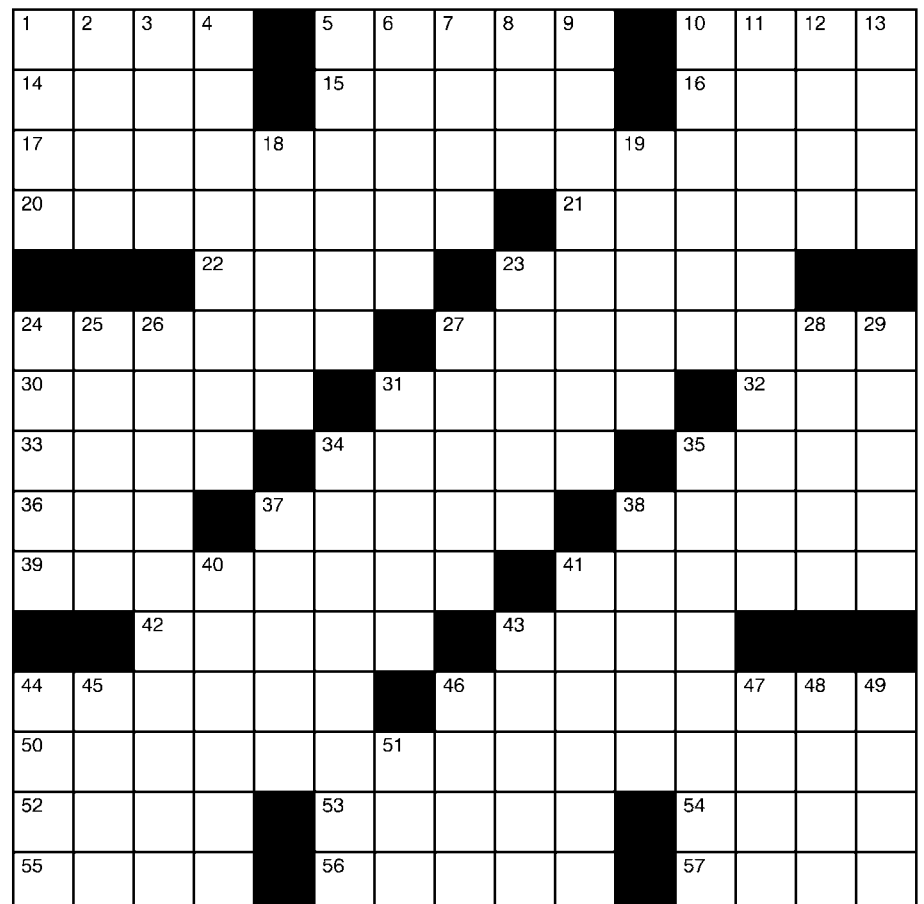
## DOWN

- 1 Killer whale  
2 Biblical land  
3 Southern constellation  
4 Frees  
5 Roof beam  
6 Miss Terry  
7 Yucca's kin  
8 Rookery sound  
9 Get \_\_\_ : understand  
10 \_\_\_ *Fideles*  
11 Ships' officers  
12 Peerage type  
13 Being, to Ovid  
18 Reference aid  
19 Canadian official  
23 Likely to  
24 Corday's victim  
25 In reserve

- 26 Forest floor feature  
27 Trap and snare  
28 Stave off  
29 Agreeable words  
31 Fact or figure  
34 They signify  
35 Risky  
37 Speech problems  
38 Of the throat  
40 Dessert choice  
41 Contorted  
43 Run up  
44 Mr. Eban  
45 Bikini uppers  
46 Attention-getter  
47 Clare Boothe \_\_\_  
48 *Vingt-* \_\_\_  
49 Landing craft  
51 Pasture land

## Solution

The solution for the crossword puzzle can be found on page 5.





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Caring about  
neighbors,  
not numbers.

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